

Shin Gi Tai – mind, technique, body

The concept of Shin Gi Tai – mind, technique, body – disciplining the mind by training the body. This is definitely something I've been learning more about recently. There is a book on the subject of "shin gi tai" that I've been meaning to read, by Michael Clarke, who also wrote a book on "hojo undo", supplementary training often used in older Okinawan fighting methods. I am still not an expert on the Okinawan styles, to be perfectly honest, and my primary experience has been in some of the Japanese styles of karate. However, I'm definitely fascinated with the types of "hojo undo" and breathing methods used in styles such as Goju ryu Karate. Below is a link to an article about "shin gi tai", by Michael Clarke -

<http://ymaa.com/articles/shin-gi-tai-karate-training-for-body-mind-and-spirit>